

## CLAIMS

What is claimed and desired to be secured by Letters Patent is as follows:

1. A mouthpiece for preventing air leakage, comprising:  
a flexible disk configured to fit between a user's teeth and lips and seal the user's mouth,  
wherein the thickness of said disk is less than or substantially equal to 1.5 mm.
2. The mouthpiece of claim 1, wherein the thickness of said disk is less than or substantially equal to 1.0 mm.
3. The mouthpiece of claim 2, wherein the thickness of said disk is less than or substantially equal to 0.5 mm.
4. The mouthpiece of claim 1, wherein said disk is comprised of a material that naturally adheres to the interior of the user's lips and cheeks.
5. The mouthpiece of claim 4, wherein said disk is comprised of silicone.
6. The mouthpiece of claim 4, further comprising a bite block configured to position the user's lower jaw in a position that maintains an open airway.
7. The mouthpiece of claim 6, wherein said bite block comprises:  
an arm extending substantially perpendicular to an interior surface of said disk; and  
a flange extending substantially perpendicular to said arm.
8. The mouthpiece of claim 7, wherein the width of said arm and the width of said flange are less than or substantially equal to 15 mm.
9. The mouthpiece of claim 8, wherein said flange extends downward from said arm.
10. The mouthpiece of claim 4, further comprising a one-way valve in said disk configured to allow air to pass through said disk from an exterior of said disk to an interior of said disk.

11. The mouthpiece of claim 6, further comprising a one-way valve in said disk configured to allow air to pass through said disk from an exterior of said disk to an interior of said disk.
12. A mouthpiece for preventing air leakage, comprising:
  - a flexible disk configured to fit between a user's teeth and lips; and
  - a bite block extending from an interior surface of said disk, wherein said bite block comprises:
    - an arm extending substantially perpendicular to the interior surface of said disk; and
    - a flange extending substantially perpendicular to said arm, wherein the width of said arm and the width of said flange are less than or substantially equal to 15 mm.
13. The mouthpiece of claim 12, wherein the thickness of said disk is less than or substantially equal to 1.5 mm.
14. The mouthpiece of claim 12, wherein said disk is comprised of a material that naturally adheres to the interior of the user's lips and cheeks.
15. The mouthpiece of claim 12, further comprising a one-way valve in said disk configured to allow air to pass through said disk from an exterior of said disk to an interior of said disk.
16. A mouthpiece for preventing air leakage, comprising:
  - a flexible disk configured to fit between a user's teeth and lips, wherein said disk is comprised of a material that naturally adheres to the interior of the user's lips and cheeks; and
  - a one-way valve in said disk configured to allow air to pass through said disk from an exterior of said disk to an interior of said disk.

17. A method for preventing air leakage during nasal continuous positive airflow pressure treatment comprising:  
  
applying a mask to cover the user's nose, wherein said mask is affixed to an air source;  
  
and  
  
inserting a mouthpiece into the user's mouth, wherein said mouthpiece is configured to  
  
prevent air from leaking out of the user's mouth.
18. The method for preventing air leakage as claimed in claim 17, wherein said mouthpiece adheres to the interior of the user's lips.
19. The method for preventing air leakage as claimed in claim 17, wherein said mouthpiece comprises a bite block affixed to an interior surface of said mouthpiece, wherein said bite block is configured to position the user's lower jaw in a position that maintains an open airway.
20. The method for preventing air leakage as claimed in claim 19, wherein said bite block comprises:  
  
an arm extending substantially perpendicular to the interior surface of said disk; and  
  
a flange extending substantially perpendicular to said arm, wherein the width of said arm  
  
and the width of said flange are less than or substantially equal to 15 mm.
21. The method as claimed in claim 19, wherein said mouthpiece further comprises a one-way valve configured to allow air to pass through said mouthpiece from an exterior of said mouthpiece to the interior of the user's mouth.
22. The method as claimed in claim 17, wherein said mouthpiece further comprises a one-way valve configured to allow air to pass through said mouthpiece from an exterior of said mouthpiece to the interior of the user's mouth.